

# TogetherAZ

NOVEMBER 2022

Inspiring Success on the Road to Recovery

## Recovery Begins with Three Words:

By Tim McLeod, NCRC-II  
Director of Alumni Relations & Connect365,  
Sierra Tucson

*Today and Through the Upcoming Holiday Months Ahead, Harness Your Recovery Strength Through Resolve & Resilience*

**Y**ou may or may not remember the first time you said the three most important words in your recovery journey. **I Need Help.** You may have never said them out loud. Or, you may have used different, yet similar, words to reach out. Or you may have only thought them, tossing them around in your head over and over before you acted.

Or, you may have not said them yet.

I Need Help may be the hardest words in the English language. Yet those words are the common threads that bind us all together within the recovery community. Whether we have said them out loud to someone else or we have only uttered them to ourselves, what I have witnessed with the thousands of alumni who are part of the Sierra Tucson community is that recovery starts there with those simple words.

Yet the words mask something more difficult. They mean nothing without action. It is in taking the little steps toward recovery where we have the greatest potential for making the biggest gains.



**"In recovery, being "all in" requires a commitment. It is a daily decision. You can't be committed one minute and not the next."**

Mountain climbers take one step at a time. Getting to the peak isn't one leap. It is a series of upward movements toward the goal. The same is true in recovery.

Wherever you are in your recovery journey — whether you have even started or not — the important thing to realize is that recovery will be uncomfortable. Our brains prefer the path of least resistance. After all, by its very definition, the path of least resistance is the easiest and most comfortable choice. Self-improvement doesn't always feel good at the start. Yet a sure recipe to stay where we are is to stay tucked securely within our comfort zone. Stepping out feels frightening. Yet there is freedom waiting on the other side. That is the catalyst that helps you evolve into the best version of yourself. Embracing discomfort is a vital part of that evolution. When it comes to addiction recovery, surrendering to discomfort is necessary to achieve and maintain abstinence, clean time, and sobriety.

### **When it Comes to Recovery Ask Yourself: Am I all in?**

In recovery, being "all in" requires a commitment. It is a daily decision. You can't be committed one minute and not the next. A founding premise in practicing recovery is to seek a Higher Power for

support, stability, and guidance. I call that staying vertical. Staying vertical is like being in alignment with oneself as opposed to looking all around you for validation. When you look around to others, I call that horizontal living. It is when you become preoccupied by worrying about and wondering what other people think. We have all done it. Yet being concerned about appearances and how someone may react to the actions that we know we need to take to help ourselves is the wrong approach. Every time we do that, we step further away from ourselves and our needs.

Horizontal living is also when we try to do things on our own, when we fall prey to the illusion of our own control. It is when we wrongly think we can control the outcome and that we don't need others because we have all the answers. Recovery is the opposite. It is not only about surrendering to discomfort, but it is most active and thrives best when we are in community with others who are there to bolster and support us. At Sierra Tucson, we call that community of support "our tribe." These are the people we can trust to keep us accountable and on track.

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# Publisher's Note

By Barbara Nicholson-Brown

## A Dose of Gratitude a Day

With Thanksgiving a few weeks away — I was thinking how the word gratitude is probably said more in November than any other time of the year. We're grateful and thankful for our families, friends, our health, and if in recovery... of course our sobriety.

How grateful am I the other 364 days of the year? Do I focus on what I have, or have not? Sometimes when the 'have nots' try to hijack my thinking, if I don't jump into gratitude a negative domino effect will quickly spiral into the coulda's, and shoulda's. If I choose to tag along with that kind of thinking it will try to drag me down, and honestly I don't like it there.

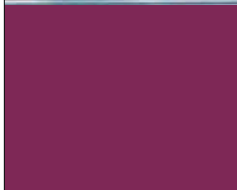
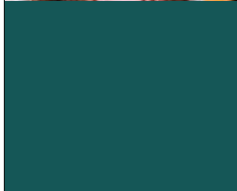
Through years of practicing a fairly easy and powerful program of living, how can I not be grateful? Whether or not I agree, life is perfect... which means I accept what is, and there are days that isn't easy to do. I've learned I have a choice on where to place my focus — it takes less energy and feels better to be grateful — rather than miserable.

Everything I have or am today is because I opened my eyes and heart to a life in recovery. I'm thankful, blessed and honored to walk this path with you. Wishing you many blessings this Thanksgiving season.

Welcome to our newest recovery partner, Hushabye Nursery. Learn more about the services they provide at [hushabyenursery.org](http://hushabyenursery.org)



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# Holy Geez or Gratitude!

By Dina Evan, PhD

This is the time of year in which we are reminded to be enormously grateful. HOWEVER, this year we are all looking like deer in headlights, wondering what in the hell is coming next. Is it more financial insecurity, fewer jobs, more rampant violence, more illness, shootings, crime, fraud or more lies. We literally have a potpourri of what feels like worries and looming catastrophes to choose from. So is there any surprise we are worried, exhausted and on sensory overload?

Many feel as if our families are missing in action because they too are overwhelmed and can't take on another single thing. This of course, adds to their feelings of overload and guilt for not showing up, avoiding contact and not being unable to add to what is already on their plate. And let's not even talk about what many of our elected officials are not doing while hiding behind walls of political deception. Okay, so what are we to do?

In my columns, you have read many times my favorite most powerful question... *"What is this here to teach me?"* No healing can begin without the bravery to ask that question.



The answer is truly not so difficult. We have to get real and honest with ourselves. We have to be thankful we have a voice with which to speak up, and a brain with which to select candidates who are truthful and unwilling to compromise our human inalienable rights. We need to get thankful we have the values and compassion, consciousness and truth to speak up, stand up and do something, even if it is something small — because a hundred small somethings create something big. We can talk about our values and beliefs and share awareness with those who seek to know and learn.

Many people have difficulty feeling metaphysical beliefs have any value. But did you know science has proven how powerful they are and how powerfully they work. For instance, every time you have a negative thought or belief come up in your mind if you repeat aloud or silently any one of these three words, three times, it tells your mind/brain not to retain that thought or feeling and it stops empowering it with energy. The words are **delete/delete**, or **erase/erase**, or **cancel/cancel**. Choose any one of these words and start using it. You will discover that negative thought very quickly arises less — if at all. In doing so you stop adding to the fear out there and inside of your own brain.

Instead, start adding energy to what you want with statements like:

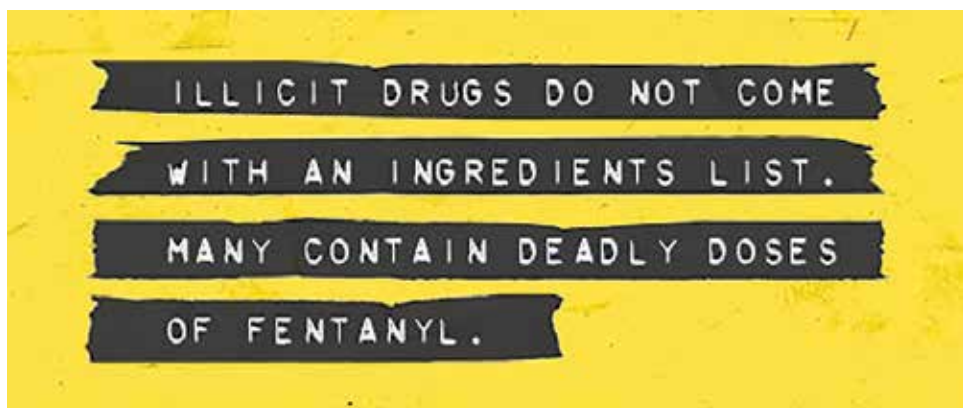
- *Abundance and prosperity flow to me freely*
- *My body is experiencing only health and wellness*
- *Only loving energy can have any effect on me in any way*
- *Only peace thrives on this planet*
- *Our elected official are now acting with compassion, values and ethics*
- *My family is safe and connected in compassion*

Every fear you neutralize, and with every good feeling you empower, you are healing yourself, those around you and the planet. Right now we are stuck in fear, but the thing we can be most grateful for this Thanksgiving, is that we don't have to be. We can take our power back and begin creating what we want without giving the responsibility to someone else, regardless of who they are, or what position they hold.

What might happen if we decided to be so grateful that for us, ethnicity, gender, color, sexual choices, or any difference simply does not matter at all and we will show love and acceptance to everyone. No one, elected or not, could control us regardless of who they are. We would be more energized and we could stop being afraid to feel. We could walk barefoot in our grass and be grateful for the lawn. We could be grateful that our crabby neighbor is teaching us patience. We can be grateful that by every smile and hand up, every value you share, every child you teach, every family member you support and every moment you take a deep breath, you can realize you are walking and living on purpose and doing what you came here to do. And THAT'S a lot to be grateful for!



*Dr. Evan is a marriage, family, child therapist and consciousness counselor. She has presented nationwide seminars and workshops, written several books and created meditation CDs for couples, individual and mental health professionals. Visit [drdinaevan.com](http://drdinaevan.com) or call 602-571-8228.*





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## Keep your Sobriety during the Holiday Season

From mid-November through the New Year, our schedules are suddenly jam-packed with office parties, brunches, family holiday dinners and so much more. While many people look forward to this time of year to celebrate in all the merriment & festivities, people who are in recovery tend to find the holidays the most stressful on their sobriety. There are many ways you can mentally and emotionally prepare yourself for the challenge staying sober.

Our Connect365: Continuing Care program helps bridge the gap between residential treatment and life in recovery. We offer our Alum participants the tools they need to enjoy a strong recovery program and live the life they deserve. Each participant gains access to an effective and user-friendly app that keeps the individual connected and engaged, one day at a time.

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How do we ensure we are "All-In when it comes to recovery?

Being “all-in” means:

- Building a trusted tribe around us.** Our tribe are those people who know us better than anyone else. They are our “family of choice.” We can feel safe around them knowing being who we are and putting our heart out on the table is not going to garner ridicule or make us feel “less than.” At Sierra Tucson that tribe can form from the friendships made in treatment. Within our walls or within your own community of support, those are the people who nod their heads up and down as you share your stories, your weaknesses, and your fears. It is a confirmation that we are not terminally unique. They completely understand and support where you are coming from because they too have been there. That is why the 12-Step community uses the concept of sponsors as an important basis for recovery.
- Staying Connected with Others.** Isolation is dangerous to those of us in recovery. It is why I hosted hundreds of Zoom support groups several times a day during the pandemic. Isolation is the enemy and launches us into a place where we marinate and give false validation to the precarious thoughts in our own heads, creating self-doubt, building negativity, and giving rise to unending self-criticism. I recommend getting out of your head and getting in your herd instead. Even better is staying in the middle of the herd. Envision a herd a zebras. Those in the middle are the safest from predators. The same is true in our relationship with relapse. When we find ourselves not connected to our herd or falling away, relapse awaits on the outer edges.
- Nurturing Your Emotional Sobriety.** Staying within the right frame of mind means spending alone time doing things that keep your mind connected to your recovery goals. Meditating, journaling, reading, and praying are all ways to keep your mind in the right place. Our emotional sobriety is key in helping us address the negative emotions which may have led us to addiction in the first place. Beware of negative emotions, they often lead to relapse. So, paying attention to our emotional sobriety and how we manage our thoughts and emotions is central to maintaining a healthy mindset.

- Not Holding Back.** In the game of chess, we have a strategy. We don’t give our opponent a hint to all our moves. We hold back and keep a move or two in our back pocket. That’s okay when we are playing a game. It is not okay when we are making a commitment toward a new lifestyle of recovery. Being all in means being honest, not keeping secrets and not making a half-hearted attempt.
- Recognizing Your Assets and Cultivating Gratitude.** The surprising thing about the journey of recovery is that gifts and blessings will unexpectedly surface along the way. In fact, where we end up is often far beyond what we could have ever hoped for or imagined. It is easy to wish we had more material things or that our lives would look different or not be such a struggle. It is easy to think what did I do wrong? How did I end up the way I am? It is easy to look around horizontally and compare ourselves to others and feel that we don’t measure up. Social media does us no favors in that regard. Instead, consider taking inventory of the good things, the assets in your life. Good health, family, a steady job, a pet that you dearly love, the friends you have made along the way, or whatever it is that you can put in that asset column. Then share those things with others. Don’t just write the list down and put it away. An attitude of gratitude will help us move through life without the burdens we accumulate when we look at ourselves and pity our circumstances. Keep a gratitude journal or a gratitude jar that you fill each day with a slip of paper that reminds you what went right today.

“First... I do not make "New Year’s Resolutions" anymore. It was way too easy to focus on the negative, like, "I can't believe I have made this resolution two years in a row and have to do it again," or to think about all the ones I didn't accomplish and see myself as a failure. This year, on December 31st, I am going to sit down with a pen and paper and actually write out all of the things I have accomplished in this past year, and just reflect on what a different person I become each year; to see how much I have grown and changed and learned. On my "accomplished list" on the 31st is going to be how much my self-awareness, self-worth, and honesty have increased! And how much I have allowed myself to be humble and open to learn new things!"

~Suzanne H., Sierra Tucson alumnus  
 Living a Recovery Lifestyle During the Holidays

The fall and winter seasons usher in the changes in weather that some love and others dislike. It brings the adoration and consumption of pumpkin spice lattes and the dreaded (or eagerly anticipated) Black Friday sales. The flipping of the calendar means classic social gatherings that for some people signify the most wonderful time of the year. For others, it is a time marked by anxiety and grief.

Whether it is Thanksgiving at the in-laws, the office holiday party, Christmas, Chanukah, or other holiday style events with family, the scene is almost always the same. Abundance and expectation. Food and drinks aplenty, socializing that is highlighted by the clinking of glasses and festive merrymaking that too often involves temptations to act out. For those of us who practice recovery a lifestyle, our attention is on avoiding relapse, maintaining our resolve, and staying true to our goals that have gotten us to where we are so far. That is why for those of us in recovery, the holidays are something to manage.

Yet recovery from alcohol isn’t the only struggle. There are others of us who maneuver through the holidays with a shroud of trauma hanging over us. It could be the grief of a loved one we once spent the holidays with whom we have lost through divorce, death, or estrangement. It could be having to face Uncle Morris whose mere presence surfaces dreadful reminders of abuse or assault. Whatever the pain we manage, getting through it is our ship to sail knowing we are ultimately the ones in charge of the direction we go.

How do we harness our own power when social pressures build up to create a tsunami of expectations on what we do, where we go, what we eat and drink and with whom we socialize? Consider this creed to live by during the holidays and everyday: the word “no” is a complete sentence. Avoiding putting ourselves in a situation that invites the potential for relapse can be as simple as that one word. “No.”

“No, I cannot attend the company gift exchange and party at the boss’ house this year.”

—next page




# Empowering women in recovery for a healthy family and hopeful future

AZWRC is a non-profit organization dedicated to providing substance abuse treatment to women through a variety of programs to address family sustainability. All programs focus on providing the tools and resources to assist women in living financially independent, drug and alcohol-free lives.

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“No, I cannot go to Aunt Marge’s and Uncle Ed’s for Thanksgiving this year.”  
“No, I am not able to drive to the mountains with the family for the annual ski weekend.”

Notice there are no reasons provided. The final answer is just “No.” Justification to others is not necessary. Saying no means you have assessed the situation and chose to think “vertically” and not getting caught up in looking around to wonder what someone will think or how they will react to your decision (noted previously as living “horizontally”).

**Rule #2 “Drive Yourself”**

Choosing to attend various gatherings involves another decision: getting there and returning home. Resist the option to ride along with someone else. Maintaining the ability to leave when needed means grabbing the car keys and driving yourself, and many times, driving alone. Picking up cousin Marvin on the way to Aunt Edna’s annual turkey barbecue & pie fest delivers a potential risk of giving in when Marvin decides he wants to play one more round of poker with the uncles or hang out for that last quarter of football game when you know what is best for you is to leave. By controlling your arrival and departure as you need ensures you manage your own experience when it becomes too risky for your emotional health or your sobriety to stay.



“Whenever I go into a potentially slippery situation—such as holiday parties with alcohol, family, childhood memories, or other triggers—I make sure I have an escape route. I always drive my own car or have someone on call to pick me up if I start to feel uncomfortable.”

~ Cason L., *Sierra Tucson alumnus*

**Rule #3 “Bring Along Support”**

Rule #3 may seem counter to Rule #2. Choosing to bring a support companion along that keeps you accountable is different than bringing along Cousin Marvin, unless of course, Cousin Marvin is a key part of your “inner circle” or your “tribe.” Bringing along a supportive member of your tribe to come with you, who is traveling the recovery journey along with you, offers support that provides accountability, keeps you on the straight and narrow, and offers you assurance that together you are in control of your experience.




“My sponsor always taught me to have an escape plan when attending “slippery” events such as holiday parties, so I always notify my wife that I may need to leave if things start to get sketchy. I also try to be in service to my friends and wife, who may choose to indulge on the holidays, and remain the designated driver. I always bring my cell phone so as to be able to call someone from fellowship. My disease never observed the holidays, so it is business as usual. I stick with my meeting schedule, add meetings on the holidays or before and/or after family gatherings so as to stay accountable to the program. Staying in gratitude and remaining present helps me enjoy the holiday season to its fullest.”

~Jeff B., *Sierra Tucson alumnus*


*Wherever you are in the recovery journey, I remind you that you are not alone. We are all works in progress today and through every holiday on the calendar.*

Underneath our addictions, our pain, our traumas, and our self-doubts there are more of us out there and more support than you can ever imagine. At Sierra Tucson we remind people as they drive into our facility through our gates to **Expect a Miracle**. When they leave, we remind them with another sign – **You Are a Miracle**.

If you want to learn how to start your path of recovery to find your own miracle, contact me at [tim.mcleod@sierratucson.com](mailto:tim.mcleod@sierratucson.com). For more on Sierra Tucson visit [www.sierratucson.com](http://www.sierratucson.com)



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**Boys & Girls Clubs of the Valley,  
Terros Team Up to Provide Free Health  
Services to Valley Youth**

Boys & Girls Clubs of the Valley and Terros Health will provide free behavioral health services to youth at a time when they need it most, thanks to a collaboration between the Arizona Department of Education and three Arizona-based private foundations – The Bob & Renee Parsons Foundation, the Diane & Bruce Halle Foundation, and Virginia G. Piper Charitable Trust.

The **“Whole Child Approach”** Program will help alleviate social and emotional stress among children and teens between the ages of 5-18 in Boys & Girls Clubs in Maricopa and Pinal counties who have been disproportionately impacted by COVID-19.

Beginning this fall, Terros Health will embed behavioral health coaches into 10 of the Boys & Girls Clubs of the Valley’s Clubs. Each year, the program will expand until it’s running in all 30 Clubs. Terros staff members will work to assess the mental and physical health of children and youth. This will be accomplished through interaction with their peers, age-appropriate games, and other activities that promote recovery and teach youth developmental skills that reinforce their success in school, work and life using evidence-based Social Emotional Learning (SEL) curricula.

“This is a way to identify the challenges our kids are experiencing without judgment or stigma,” said Dr. Karen Tepper, president and CEO of Terros Health. The behavioral health specialists will use a variety of therapeutic interventions, including mindfulness activities to help kids manage their emotions, along with art therapy and life skills training. The team will recommend additional treatment for youth, as needed. “The idea is to fill in the gaps for mental health services and improve access to treatment.”

In its 2021 State of Mental Health in America report, Mental Health America noted that youth between the ages of 11 and 17 were more likely than any other age group to experience moderate to severe symptoms of anxiety and depression. The report also found that nationwide, 60% of youth with depression do not receive mental health treatment, even in states with the greatest access to care.

Arizona ranks nearly last (49th) in the nation for high prevalence of mental illness and a severe lack of access to behavioral health care for youth.

For more information, visit [bgcaz.org](http://bgcaz.org) or on social channels at [@BGCARIZONA](https://www.instagram.com/BGCARIZONA). For more information, [terroshealth.org](http://terroshealth.org)





**Relationships provide us with our greatest opportunities for spiritual growth.** Some relationships bless us with love and joy, and others bring challenges that help us grow stronger and wiser. We can be grateful for everyone who comes our way, friend or apparent foe. Ultimately our foes are our friends because they teach us through important experience.

Dee and I recently did a real estate transaction. During the process we had a few tense moments in negotiations. Once while we were speaking with our realtor, I got a little hot under the collar and raised my voice a bit. Our realtor, a seasoned professional, did not get upset at all. Instead, her voice became softer and calmer. In contrast to my upset, she became a soothing, healing factor. Ultimately the transaction worked out perfectly for everyone.

When other people go low, that's the time for you to go high. Every relationship is founded on vibrational agreement. You share an energetic match on what you are doing together and how. If someone grows upset with you or insults or attacks you, you may be tempted to become defensive and counterattack. Such a response just keeps going in circles and no one gets anywhere.

When you refuse to join another person in upset, you maintain the power to create a successful solution. "Let the one in least fear lead" applies to interactions between people as well as to the part of you that is in least fear. Your greatest power to get what you want and end a conflict is to stay established in your calm center.

My friend Jon Mundy used to be a Methodist minister. Then he discovered *A Course in Miracles* and began to weave its themes into his Sunday sermons. Some of his parishioners did not like the change and they began to complain. Eventually a rift grew within the church. "When I received a phone call from the region's Bishop inviting me for a meeting, I knew he was going to fire me," Jon recounted. "As I drove to the meeting, I kept reminding myself, 'Don't defend, don't attack.'" At the meeting the Bishop fired Jon, but Jon went on to develop a new and much more rewarding career as *A Course in Miracles* teacher. Now Jon has published a number of successful

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books and he is in demand as a leading ACIM authority.

Will Rogers said, "Never wrestle with a pig. You both get dirty, and the pig likes it." If you don't want to identify people as pigs, you can identify the pig element of the human psyche that finds reward in conflict and separation, and prefers to be right instead of happy. We are growing beyond that mentality. Should you slip for a moment and get into a negative vibrational match, remember Jesus's teaching, "A soft answer turns away wrath."

When eagles fly at a low altitude, crows sometimes come and peck at them to take away their food. Yet the eagle is much larger and stronger than the crow, with a wider wingspan. The eagle does not fight with the crow. It simply rises to an altitude the crow cannot reach. When crows go low, eagles go high.

Life on the planet can be challenging, and it can also be extremely rewarding. The best spiritual tools are the simplest. You have the power to heal conflict by turning to the part of your mind connected to your Spiritual source, and allowing your inner being to guide you.

*Alan Cohen, M.A., is the author of 28 popular inspirational books. Visit [alancohen.com](http://alancohen.com)*

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# The Effects of Suicidal Attempts on Family Dynamics

From the first shock of dealing with attempted suicide in the family, to the anxiety of navigating an emergency room visit, and repetitive thoughts and questions that make sleep difficult, it can be one of the most frightening and confusing events in a family’s life together. At first, attention is necessarily focused on stabilizing the physical and mental health of the child in crisis. It can be easy to overlook the longer-lasting effects of suicidal attempts on family dynamics. But family response to suicide is a significant factor in preventing a future teen suicide attempt.



## Family Response to Suicide After the Crisis

It’s common for parents to feel anger or guilt. Perhaps the teen had been masking their depression, or the warning signs of depression were mistaken for typical teenage mood swings. An attempt reveals the true depth of a child’s struggle. A teen who has made a suicide attempt must receive ongoing, long-term care to address the mental health issues that led to this crisis.

Parents do have control over how they show up in their teen’s life after the attempt. They can make an enormous difference by maintaining an authentic connection with their child based on openhearted curiosity and unconditional love. A supportive family response to suicide greatly improves the treatment and recovery outcomes for a teen who is struggling with depression.

## Factors Related to Suicide Risk

Experts have been frustrated for decades by the inability to predict who will make a suicidal gesture and the best methods on how to prevent teen suicide. No single commonly accepted risk factor (i.e. depression, previous suicide attempts, stressful life events, or substance use) is a reliable predictor. Research demonstrates the following factors are reliable predictors when they occur in combination:

- **A person’s feelings that they don’t belong**
- **Their perception of being a burden**
- **Hopelessness the perceived situation will ever change**
- **Having a lowered fear of pain and death, whether from abuse, self-harm behaviors, substance abuse, or mental illness.**

Fortunately, the first two of these factors are within a family’s influence. For most teens, the family has a powerful influence on the perception of belonging and not being a burden. The family response to suicide is a critical component of post-crisis care.

## Effects of Suicidal Attempts on Family Relationships

It’s important to realize once a child comes home from hospitalization and/or residential treatment — or if they are home while attending outpatient treatment — family life will not return to what it used to be. The effects of suicidal attempts on family dynamics and a family’s everyday functioning continue to be felt long after the immediate crisis is over.

*Here are some of the ways in which the family is impacted after a teen suicide attempt, and what parents and siblings may experience.*

## Your child seems like a different person

If your child had been masking their depression before the suicide attempt, they may not want or be able to hide it any longer. That’s a good thing, because they are being more honest about what they’re going through. But it can be challenging for parents who are used to thinking of their teen as “just fine” or “not a problem.” Parents may need to readjust to this more authentic version of their child. It’s vital for them to work on accepting and embracing their teen’s expressions and moods, so they don’t go “underground” again with their depression.

## Safety precautions may require changes around the home and in routines

The risk of a second suicide attempt is highest within the first six months after an initial attempt, and research demonstrates that the risk remains high for a year. All family members need to be on board with ensuring a teen cannot access dangerous items (knives, scissors, razors, medications, car keys, or guns). Routines may need to change to ensure teens have the support and monitoring they need at home. Take care that your child does not perceive

these precautions as a source of conflict or resentment. Feeling like a burden is a significant risk factor for acting on subsequent suicidal thoughts.

## Parental oversight increases

Few teens willingly relinquish newly gained independence. Parenting a suicidal teen requires a delicate balance between increasing oversight and cautiously allowing them to resume their independence. **Start by asking your teen what feels helpful and what does not**, and accommodate their preferences as much as you safely can. At the same

time, recognize you may be experiencing PTSD symptoms yourself—such as jumpiness, nightmares, flashbacks, or difficulty concentrating. Prioritize your own self-care or seek professional help to address these symptoms.

## Sibling relationships may shift

The effects of suicidal attempts on family dynamics includes siblings as well. Siblings are likely to feel scared by the crisis and confused about what it means for them and for the family. Their needs may get overshadowed by the needs of the teen in crisis. Younger children may even feel responsible in some way, or take it personally when their gestures of comfort don’t work. Older children can struggle with their part in the family’s effort to keep the child in crisis safe. There is also a danger a sibling may conclude that they need to take drastic action to get their parents’ attention. Parents can help them recognize their signs of stress and learn how to reduce it. Reassurance that they are important is essential. If parents’ time and energy are stretched thin, reach out for help to an extended family member or friend.

## Communication is more important than ever

Be aware, this is a difficult time to establish new communication habits with your teen. Do not expect heart-to-heart conversations if you haven’t had them before. But do establish a regular check-in routine that your teen will be comfortable with. It’s also helpful to have a shorthand way for them to com-

*Effects continued page 10*

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# Sobriety HUB

## A new sober living software is on the block

Sober living homes are community-based facilities where individuals go to advance their recovery from addiction. Usually, people go to sober living after they get out of inpatient treatment.

Currently sober living homes are structured in a way that makes it difficult to extract and evaluate business and recovery data with reference to their clients in house and across these privately run businesses.

The unmet need in sober living homes is that some owners do not have the technology to efficiently organize and track their operations. This makes it challenging to track client’s progress in recovery and run an efficient business.

Sobriety Hub is an all-in-one software application that bridges the technology gap into sober living homes and business systems. Sober living owners and operators can use Sobriety Hub to improve both their business performance and client-care. For the first time, sober living owners will be able to uncover trends in their information, gain business insights — such as where to cut costs and how to expand — and to see how their outcomes compare to other facilities.

The concept is to change the old pen and paper bookkeeping into an efficient platform, bringing awareness to the often-outdated data collection, storage, and analysis that currently takes place in independent sober living home.

Sober living homes predominately operate in a “pre-internet” world, with most facilities still collecting data on pen and paper, excel, or google sheets. The level of innovation is low, and fast-moving technological advancements are not occurring. Until now.

Our mission at Sobriety Hub is to provide a convenient, easy to use, and low-cost service to sober living homes. Sobriety Hub markets its software accordingly with their mission to provide a software at a significant discount compared to alternatives. Sobriety Hub would save its users ~4 hours per month, attract 1 or 2 more residents annually, and, most importantly, provide better visibility and clarity into resident’s wellness and recovery progress. Learn more at [sobrietyhub.com](http://sobrietyhub.com).



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*Effects from page 9*

municate their needs without having to talk much. For example, a teen can help set up a scale of distress that they can quickly refer to. Ideally, the scale will include ideas about would be helpful at each level of intensity.

### Understanding Parent Coping Styles

Dealing with attempted suicide in the family is an unprecedented stressor. Natural differences in coping styles can be an added source of tension in a marriage or co-parenting relationship. Parents are facing two daunting tasks simultaneously—how to respond to a situation both beyond their control and outside their experience, and how to regulate their own intense emotions.

It helps to understand that if a co-parent takes a different approach than your own, it may reflect a different coping style. A parent’s coping style is also shaped by past experiences. The current crisis may reawaken memories of childhood trauma deep in a parent’s past, triggering an unhelpful style of coping. If you observe unhelpful coping styles in yourself or your partner, it is essential to get professional support for yourselves as part of the process of helping your child. That support will make it easier for you to weather the effects of suicidal attempts on family life.

### Treatment to Heal the Effects of Suicidal Attempts on Family

At Newport Academy, we address the effects of suicidal attempts on family connection by healing the ruptures in the parent-child relationship, so teens feel safe turning to their parents for support when they are struggling. The groundbreaking Attachment-Based Family Therapy modality is a critical component of every customized treatment plan for our clients and families.

Our treatment model also encompasses approaches for cognitive reframing and improving distress tolerance, so teens have healthy ways of coping with difficult emotions and experiences. Contact us today to learn more and get started on the path to healing.

[www.newporthealthcare.com](http://www.newporthealthcare.com)

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## COMMUNITY BRIDGES INC



### Who We Are

Community Bridges, Inc. is the premiere fully integrated healthcare provider of behavioral health services in Arizona.

### Values

We Value Human Life, the Sustaining of Human Life & the Recovery of Human Life

### Purpose

To be an Agent of Positive Change in our Communities

### Mission

To Maintain the Dignity of Human Life

[CommunityBridgesAZ.org](http://CommunityBridgesAZ.org) | [@communitybridgesaz](https://twitter.com/communitybridgesaz)



# SUPPORT

## Resources & Helplines

Suicide crisis call 988	In an Emergency dial 911
Alcoholics Anonymous	602-264-1341
Al-Anon	602-249-1257
Tucson Al-Anon Information	520-323-2229
Adult Children of Alcoholics	aca-arizona.org
Arizona Addiction	602-737-1619
AZ Women’s Recovery Center	602-264-6214
Bipolar Wellness	602-274-0068
Child Abuse Hotline – Support & Information	800-422-4453
Cocaine Anonymous	602-279-3838
Co-Anon	602-697-9550
CoDA	602-277-7991
COSA	480-385-8454
Copper Springs	480-418-4367
Crisis Help Line – For Any Kind of Crisis	800-233-4357
Crisis Response Network	602-222-9444
Crisis Text Line	Text HOME to 741741
Crystal Meth Anonymous	602-235-0955
Debtors Anonymous	(800) 421-2383
Domestic Violence	800-799-SAFE
Families Anonymous	602-647-5800
Gamblers Anonymous	602-266-9784
Grief Recovery	800-334-7606
Heroin Anonymous	602-870-3665
Marijuana Anonymous	800-766-6779
NDMDA Depression Hotline – Support Group	800-826-3632
Narcotics Anonymous/Phoenix	480-897-4636
Narcotics Anonymous/Casa Grande	520-426-0121
Narcotics Anonymous/Flagstaff	928-255-4655
Narcotics Anonymous/Prescott	928-458-7488
Narcotics Anonymous/Tucson	520-881-8381
Nar-Anon Family Groups	(800) 477-6291
National Youth Crisis Hotline	800-448-4663
Overeaters Anonymous	602-234-1195
PAL (Parents of Addicted Loved Ones)	480-300-4712
Parents Anonymous	602-248-0428
Phoenix Metro SAA	602-735-1681
RAINN (Rape, Abuse, Incest National Network)	RAINN.ORG
Rape Hotline (CASA)	602-241-9010
Sexaholics Anonymous	602-439-3000
Sexual Assault Hotline (24/7 English & Spanish)	800-223-5001
Sex/Love Addicts	602-337-7117
Sex/Love Addicts Tucson	520-792-6450
Sex Addicts Anonymous	602-735-1681
S-ANON	480-545-0520
Sober Living AZ	602-737-2458
Suicide Hotline	800-254-HELP
Suicide Prevention Lifeline	988
Teen Challenge	888-352-4940
Teen Life Line	800-248-8336

### ARIZONA CRISIS HOTLINES/ Suicide and Crisis Hotlines by County

Maricopa County served by Mercy Care: 800-631-1314 or 602-222-9444
Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz, Yuma Counties served by Arizona Complete Health— Complete Care Plan: 866-495-6735
Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties served by Health Choice Arizona: 877-756-4090
Gila River and Ak-Chin Indian Communities: 800-259-3449
Salt River Pima Maricopa Indian Community: 855-331-6432



Reach us 602-684-1136 Email: [info@togetheraz.com](mailto:info@togetheraz.com)

### Our Recovery Partners and Contributors

AZ Women’s Recovery Center	602-264-6214	<a href="http://arizonawomensrecoverycenter.org">arizonawomensrecoverycenter.org</a>
Aurora Behavioral Health	877-870-7012	<a href="http://auroraarizona.com">auroraarizona.com</a>
CBI, Inc.	480-831-7566	<a href="http://communitybridgesaz.org">communitybridgesaz.org</a>
CBI Access to Care	877-931-9142	<a href="http://communitybridgesaz.org">communitybridgesaz.org</a>
Cohn Media	866-578-4947	<a href="http://cohnmedia.com">cohnmedia.com</a>
Copper Springs	480-418-4367	<a href="http://coppersprings.com">coppersprings.com</a>
Dr. Dina Evan	602-571-8228	<a href="http://drdinaevan.com">drdinaevan.com</a>
Dr. Marlo Archer	480-705-5007	<a href="http://downtoearthneterprises.com">downtoearthneterprises.com</a>
Eric’s House	1-855-894-5658	<a href="http://ericshouse.org">ericshouse.org</a>
Gallus Medical Detox	888-306-3122	<a href="http://gallusdetox.com">gallusdetox.com</a>
Gifts Anon	480-483-6006	
Hushabye Nursery	480-628-7500	<a href="http://hushabyenursery.org">hushabyenursery.org</a>
The Meadows	800-632-3697	<a href="http://meadowsBH.com">meadowsBH.com</a>
Meadows Ranch	866-390-5100	<a href="http://meadowsranch.com">meadowsranch.com</a>
Mens Teen Challenge	520-792-1790	<a href="http://tcaz.org">tcaz.org</a>
Mercy Care	800-631-1314 602-222-9444	<a href="http://mercycaaz.org">mercycaaz.org</a>
Newport Healthcare	888-675-1764	<a href="http://newporthealthcare.com">newporthealthcare.com</a>
NotMYKid	602-652-0163	<a href="http://notmykid.org">notmykid.org</a>
Phoenix Life Coach Services	602-245-9600	<a href="http://PhoenixLifeCoachServices.com">PhoenixLifeCoachServices.com</a>
Psychological Counseling Services (PCS)	480-947-5739	<a href="http://pcsintensive.com">pcsintensive.com</a>
Scottsdale Recovery Center	888-663-7847	<a href="http://scottsdalerecovery.com">scottsdalerecovery.com</a>
Sierra Tucson	800-842-4487	<a href="http://sierratucson.com">sierratucson.com</a>
Sierra at Scottsdale	844-749-1567	<a href="http://sierrascottsdale.com">sierrascottsdale.com</a>
Brough Stewart, MC, LPC, NCC	602-316-3197	
Valley Hospital	602-952-3939	<a href="http://valleyhospital-phoenix.com">valleyhospital-phoenix.com</a>
Teen Challenge AZ	602-708-9475	<a href="http://tcaz.org">tcaz.org</a>
Willow House	877-421-6414	<a href="http://willowhouseforwomen.com">willowhouseforwomen.com</a>

### Additional Resources

AZ. Dept. of Health	602-364-2086
AzRHA	602-421-8066
The Crossroads	602-279-2585
Problem Gaming	800-NEXTSTEP
Desert Drug Dog	602-908-2042
Hunkapi Programs	480-393-0870
EMPACT/La Frontera	800-273-8255
TERROS Health	602-685-6000
TUCSON	
ACA	<a href="http://aca-arizona.org">aca-arizona.org</a>
AA	520-624-4183
Al-Anon Infor Service	520-323-2229
Anger Management	520-887-7079
Behavioral Awareness Center	520 629 9126
Co-Anon Family Groups	520-513-5028
Cocaine Anonymous	520-326-2211
Cottonwood Tucson	800-877-4520
Crisis Intervention	520-323-9373
Narcotics Anonymous	520-881-8381
Nicotine Anonymous	520-299-7057
Overeaters Anonymous	520-733-0880
Recovery in Motion	520-975-2141
Sex Addicts Anonymous	520-745-0775
Suicide Prevention	520-323-9372
Workaholics Anonymous	520-403-3559

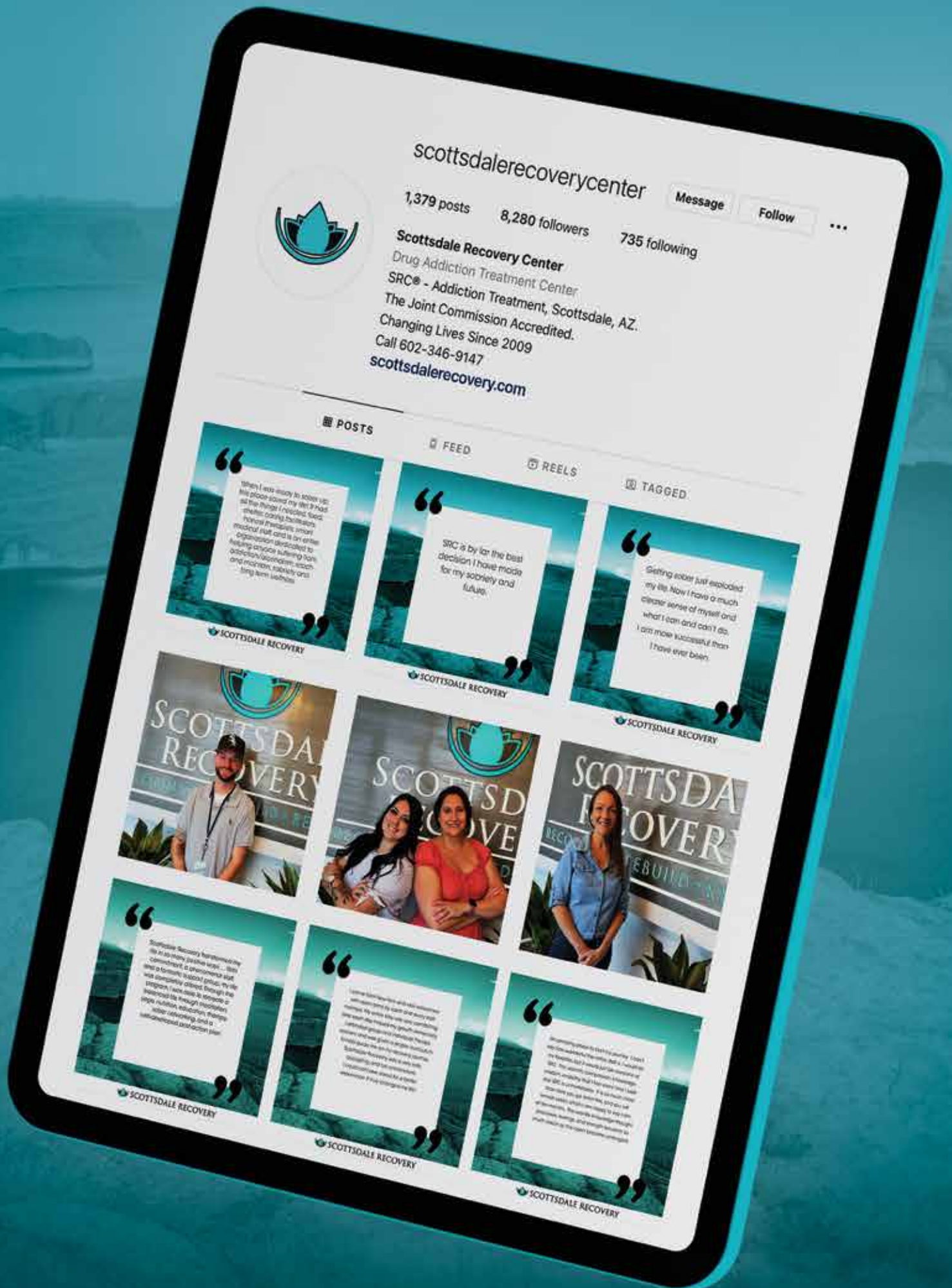
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